

So you're sick,  
Now what.....



## Cough and Cold Shopping List

- ☐ Chicken Soup
- ☐ Decongestant or saline drops
- ☐ Tea, broth, juice or water
- ☐ Cough Syrup
- ☐ Throat Lozenges
- ☐ Acetaminophen or ibuprofen

## When You Have a Viral Illness

- ✓ Wash your hands often to stop the spread of the illness
- ✓ Drink plenty of fluids
- ✓ Get plenty of rest
- ✓ Use a vaporizer or saline drops to relieve congestion
- ✓ Take acetaminophen or ibuprofen as needed for pain or fever

